Report on Workshop of Understanding Emotions

Under the programme Health and Wellness

Date : 08.09.2026

Day : Tuesday

Emotions are our strong feelings which help the people to react or respond to the events or situations and understanding emotions means being able to recognise different feelings, understand why they occur, express them appropriately, and respond to them in healthy ways. To make the students more aware about this respective concern an activity was being conducted in which students presented the activity to express different emotions and students participated with great enthusiasm. Understanding emotions is important because it helps people to communicate more effectively, develop empathy towards others, make right decisions, build healthier relationships, handle stress and difficult situations more effectively. Overall it was fruitful and healthy interactive session.







